

# Undertaking diagnostic and surveillance cystoscopy training using a flexible cystoscope: A nurse-led educational initiative in the UK

Allison Robertson<sup>a</sup>, Kate Dewar, Dr Benjie Tang, Mr Greg Kata, Gillian Ross NHS Tayside, Urology Service, Ninewells Hospital, Dundee; Cushieri Skills Centre, School of Medicine, University of Dundee

## 1. Introduction

Non muscle invasive bladder cancer accounts for 75% of patients with bladder cancer <sup>(1)</sup> Bladder cancer is one of the most expensive malignancies in our healthcare system due to its life-long surveillance and there is a lack of randomised studies that establish the safety of reducing the frequency of follow up cystoscopies. Specialist nurses add value to patient care, while generating efficiencies for organisations through new and innovative ways of working. <sup>(2)</sup> Traditionally, flexible cystoscopy training has been carried out by clinicians, however more departments in the UK are now training nurse cystoscopists.<sup>(3)</sup> We would like to share our evaluation of an innovative nurse-led cystoscopy one day educational course delivered in the UK

## 2. Aim

The course has been delivered over the past 2 years in the State-of-the-Art Cushieri Skills Centre, located in Ninewells Hospital & Medical School, University of Dundee. The emphasis during the course is hands-on training on physical models



Figure: Cushieri skills centre

## 3. Training

This is a one day practical introduction course of which the educational outcomes include: theoretical principles, practical abilities in being able to handle a flexible cystoscope, and performing practical manoeuvres including the use of biopsy and grasping forceps. Practical training is supported using synthetic models, animal tissue models and a human cadaver.

### References

- [1] European Association Urology 2014 Guidelines on Non-muscle-invasive Bladder Cancer (Ta, T1 and CIS)
- [2] Royal College of Nursing 2010 specialist nurses: changing lives saving money
- [3] British Association of Urological Surgeons & British Association of Urological Nurses 2012: flexible cystoscopy training and assessment guideline

## 4. Findings

Attendees included specialist nurses, trainee urology clinicians, and general practitioners (with a specialist interest in urology).

outcomes	Strongly agree	agree	disagree	Strongly disagree	Not answered
Safe handling of scope	40%	60%			
Demonstration on human cadaver	60%	20%	20%		
Safe handling of grasping forceps	60%	30%	10%		
Enjoyed stent removal	60%	40%			
Anatomy lecture was useful	60%	40%			
Enjoyed practical manipulation of cystoscope	60%	40%			

Aspects that healthcare professionals found most helpful included: human cadaver, interactive s

Areas that individuals disliked included: timing of the course, equipment and refreshments

## 5. Discussion/Conclusion

Course feedback acknowledges that developing a programme that delivers high quality relevant procedure-based skills enables urology specialist nurses to take forward new ways of working, meeting the learning requirements of local, national and international healthcare within the safe practice of flexible cystoscopy.

**CONTACT: Allison Robertson.**

**Email: [allisonrobertson@nhs.net](mailto:allisonrobertson@nhs.net)**